



For immediate release

May 17, 2006

INSHAPE INDIANA USTA DAY PRESENTED BY DICK'S SPORTING GOODS

INDIANAPOLIS---In support of Governor Mitch Daniels' statewide health initiative, INShape Indiana, the United States Tennis Association (USTA) will host INShape Indiana USTA Day presented by Dick's Sporting Goods on Saturday, May 20, 2006. On that day, 10 tennis facilities around the state will offer free use of their facilities to INShape Indiana participants.

Free T-shirts will be given to those participating in USTA Day on a first come, first served basis, while supplies last. Each facility will have a wide range of activities for children and adults, ranging from open tennis to rallyball, a game that introduces tennis to younger players.

Individuals who are not yet INShape Indiana participants can register for free at www.INShape.IN.gov. Locations of participating tennis facilities are also available on the site.

"Tennis is a wonderful way for Hoosiers to stay fit. It's a sport for all ages and abilities, and a great way to have fun with family and friends." said State Health Commissioner Judith A. Monroe, MD. "Just 20 minutes of aerobic exercise, three times a week will help reduce your risk of heart disease, lower your cholesterol, and help you lose weight. Tennis can help you accomplish that."

The United States Tennis Association is the national governing body for the sport of tennis in the United States. It owns and operates the US Open, the largest annually attended sporting event in the world. In 2004, USTA launched the US Open Series, which links 10 summer tournaments to the US Open.

In addition, the USTA owns the 94 Pro Circuit events throughout the nation and selects the teams for the Davis Cup, Fed Cup, and Olympic and Paralympic Games. A not-for-profit organization with more than 665,000 members, it invests 100 percent of its proceeds to promote and develop the growth of tennis, from the grassroots to the professional levels. For more information on the USTA, log on to www.usta.com.

Governor Daniels launched INShape Indiana in July 2005, challenging Hoosiers to make healthy choices. The free, Web-based program provides statewide information on physical fitness activities, nutrition, and smoking cessation. INShape Indiana is personalized and allows participants to track progress biweekly on the Web site (www.INShape.IN.gov).

###

MEDIA CONTACT: Erik Deckers, Indiana State Department of Health, (317) 234-2817